

October's Gold Medal School of the Month

## Lake Ridge Elementary

Principal: Ted Williams

School Coordinator: Jessica Rivera

Mentor: Bev Shelley



You could feel the excitement at Lake Ridge Elementary School as the school held an outdoor pep rally to kick off their first year in the Gold Medal Schools program. Everyone joined in as the PTA led the student body in 5-minute Energizers to keep them moving. Lake Ridge students and staff also set a goal of walking “around the world” during the school year! They plan to track their progress on a prominent map on school walls to help motivate walkers. The pep rally ended with the same energy it began with as kids marched, walked and ran to music celebrating their efforts to be more healthy and fit.

Of course the success of Gold Medal Schools at Lake Ridge is built from the success of the people behind it—the students, staff, and volunteers who make sure Gold Medal Schools is a culture within the school. Lake Ridge is fortunate to have many strong leaders who are great role models and examples of people trying to live a healthy life. Vicki Zollinger, the school office clerk, has changed her life by making better food choices and adopting a regular routine of exercise. Her commitment is noticeable as she has already lost 40 pounds! Vicki is a strong supporter of the GMS program at Lake Ridge as she explains, “I love that the kids are moving. When your body feels good your mind feels good; it is that simple.”

The students at Lake Ridge are also becoming more health conscious and want to live healthy lives. The 5<sup>th</sup> and 6<sup>th</sup> grades walked 800 miles between the start of school (Aug. 27) and the beginning of the GMS Pep Rally (Sept. 18). It’s no surprise that these ambitious and active students are led by strong teachers who model behavior such as walking and running with their students on the last recess of the day.

Teacher, Carol Williams is changing her life by making healthy choices, starting with walking at Lake Ridge every day, despite recovery from a bothersome knee surgery. Carol has witnessed a change in the attitudes of her students as they first complained about the walking. Now, Carol says, “They do not walk; they RUN!” Lake Ridge’s school secretary, Mrs. Mageras and teacher Becky Madsen walk and work out daily. Mr. Heath runs with his class and other teachers setting a high bar for students to follow. Joy Newsome and Mrs. Knowlden are also teachers who are wonderful role models as they are making great efforts to incorporate good health practice in their daily lives. There is no shortage of support from faculty and staff at Lake Ridge, and the students are sure to benefit.



In an effort to strengthen student learning and highlight on the connection physical activity plays in this concept, the PTA decided to push to get a track built at the school. PTA volunteers have been fundraising for several months in hopes of raising enough money to pay for a track at Lake Ridge Elementary that could be utilized by the school and surrounding community. The excitement at Lake Ridge and among its supporters is evident in the long list of individuals and businesses who have contributed to the

goal of building a track at the school. The following is a list of donors: Lake Ridge Elementary PTA, Lake Ridge Elementary faculty and staff. Dr. Ted Williams, Penny Larsen, Gus Paulos Chevrolet, Community Recreation Association (Cyprus Credit Union), Dr. Lynn Johnson, Chick Paris Insurance, Granite Education Foundation, Rob Aubrey, Sunrise Plastering, and the Magna Town Council. Those who have contributed \$500 will have a permanent brick with their name imprinted on it placed at the beginning of the track- a lasting statement of the support for healthy living!

With active and committed students, staff, and PTA, Lake Ridge Elementary is setting a new standard for others to follow, and they are proud of it! We are proud of them too! Way to go Lake Ridge Elementary! You Rock/Walk!